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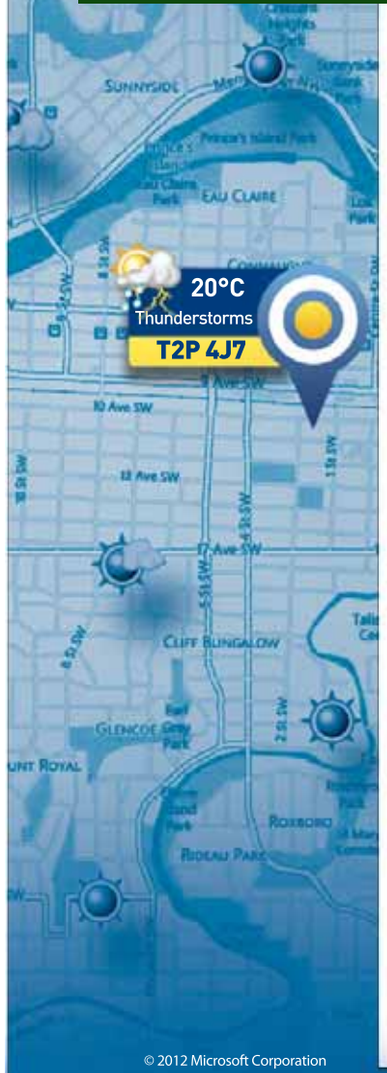

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Local dad goes viral

Blogging up a storm. Buzz Bishop receives heaps of attention – and some criticism – for admitting he likes one son more than the other

Buzz Bishop holds his sons Zacharie and Charlie on the day Charlie was born. Bishop is facing some flak after admitting he likes Zacharie better.

BUZZ BISHOP/CONTRIBUTED

A bold statement from a Calgary dad, blogger and radio personality has landed him on the likes of Anderson Cooper and Good Morning America.

"I love both my kids, but I like one better," said Buzz Bishop Monday.

An on-air personality with XL 103 and active blogger, Bishop started garnering attention from Canadian media and, shortly thereafter, some large American networks after publishing a blog in which he openly admits he likes his five-year-old son Zacharie more than his two-year-old Charlie.

Bishop said he was surprised to see attention around his admission of favouritism explode like it did, speaking with everyone from the Daily Mail in the U.K. to Radar Online and Headline News.

"I do write brashly ... but I honestly didn't think it was going to be 'You're the worst parent in the world'," said Bishop. "I thought there was going to be a lot of meek 'I feel that way too.'"

Kelly Schwartz, an associate professor of educational psychology at the University of Calgary, said Bishop's comments are not likely to damage the relationship he has with his kids.

"He said he likes his kids differently, and I do think most parents would say they like different parts of their kids," said Schwartz.

Bishop said while he doesn't regret being honest, he has decided it might be time to get to know his youngest a little better.

"I've gone out and expressed a preference — maybe it's time for me to check that and balance things." KATIE TURNER/METRO

Website

- Bishop's original blog can be found at blogs.babble.com

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Proposal

West LRT public-art-funding issue put off until 2013

Calgary's west LRT will likely open before council decides how to decorate the new line with public art.

Aldermen voted Monday to put off the thorny question of what to do about $8.6 million in forgotten — but mandated — art funding that is supposed to be tied to the project.

Ald. Richard Pootmans described a current proposal to take $3.5 million from other projects' art funds as "robbing Peter to pay Paul," and said he's optimistic that a "refreshingly new" solution can be found by January 2013.

The west LRT is set to open in December.

ROBSON FLETCHER/FOR METRO

RouteAhead

Council approves 30-year, $8-billion transit plan

Council has rubber-stamped a strategic public-transit plan that charts the course of Calgary's transit future for the next three decades.

After reviewing the document last week, aldermen unanimously endorsed the $8-billion plan on Monday, with a few minor changes to wording. Dubbed RouteAhead, the long-term plan articulates core principles and evaluation criteria for more specific transit plans and projects in the coming decades.

Some of those projects include an 8th Avenue subway, a Shaganappi expressway for high-occupancy vehicles, a cross-town bus rapid transit line between the University of Calgary and Rundlehorn, as well as a bus rapid transit serving southeast industrial areas.

ROBSON FLETCHER/FOR METRO

Kayaker Kyle Graham powers through a section of Harvie Passage on the Bow River earlier this summer. METRO FILE

Number of rescues steady on Bow River

Safety. Fire department says Harvie Passage has created new challenges not previously seen with blocked weir

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Fire crews have rushed to the Bow River the exact same number of times this year compared to last year, fuelling speculation from senior officials on whether a newly opened passage has actually made the popular waterway safer.

But proponents of the $17-million Harvie Passage are quick to point out that more people are boating through the area after a boom shielding unsuspecting floaters from a deadly weir was removed.

"The weir before was very dangerous," said Jeff Germaine, president of the Calgary Kayak Club.

"If you went in there, you probably had a 75-80 per cent chance of drowning, but the difference is nobody went in there."

The passage technically opened this year, but testing and quiet use was already underway last year, Germaine said.

The development is meant to overcome a deadly weir, dubbed "the drowning machine," that has claimed at least 14 lives over the years.

Fatality

A rafter died in July after the watercraft he was on capsized at Harvie Passage.

Data provided by the Calgary Fire Department from January to August this year and last shows the exact same number of emergency responses to the passage-weir area — 71.

This year has seen a small jump in swift water rescues — 34 compared to 27 in 2011.

But fire battalion Chief Ernie Molineaux said the jury's out on whether the Bow is safer. He said Harvie Passage has created new challenges for his members.

"The public perception is the hazard's been eliminated," he said.

"Now, we have people attempting (to go through) it, and (they) really shouldn't be there."

The department is also working to re-install a safety boom on the river, much to the chagrin of kayakers like Germaine.

When asked about the fire department's stance on the passage, Germaine said,

"I sympathize with them because they have to go in there, but they are reacting in a different way then I would like to see in some respects."

1 NEWS

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City zeroes in on blue-cart target

Waste diversion.
Does your household recycle 204 kilograms worth of material each year?

JEREMY NOLAIS
jeremy.nolais@metronews.ca

City officials are hoping 2012 will be a banner year for waste diversion.

To the end of August, the city had collected more than 46,000 tonnes of recyclable materials from blue carts stationed at homes and recycling depots around Calgary.

That number would seem on pace with the 70,000 tonnes worth of material collected last year; however, city waste-diversion specialist Parnell Legg said the busy season has just begun.

"We typically see a spike around school time and then again at Christmas," he noted.

The city's formula for determining the success of the blue-cart recycling-pickup program, which was rolled out in 2009, relies on the average kilograms collected per household. The target weight is 204 kilograms annually and average totals last year came in about 11 kilograms shy of that mark.

Legg said it's possible the target will be reached by year's end.

"We are strong this year.... I am hoping we are able to achieve what we have set for this," he said.

Citywide blue-cart tonnage has levelled out a bit over the past two years after a 25 per cent jump between 2009-2010.

Patricia Cameron of Green Calgary said she believes the concept was a little slow to catch on but now has become part of everyday routines.

"I'm not sure what factors were leading to people's resistance," she said.

"Maybe there was a fear it was costing taxpayers but in fact maintenance of huge waste facilities is a huge expense to taxpayers."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Officials with the city have high hopes for the local blue-cart recycling program this year after seeing strong intake numbers through August. METRO FILE

Reducing landfill waste

- Patricia Cameron with Green Calgary said that the blue-cart program is just one step on the road towards the city's goal of diverting 80 per cent of landfill waste by 2020.
- She said educating people on avoiding single-use items will be key going forward as well as continued expansion of the green-cart program, reserved specifically for compostable materials.

Wireless emergency

Calgary to press province on 911 fees

Mayor Naheed Nenshi will formally ask the province to advance legislation that could compel wireless providers to direct funds to local 911 operations in Alberta.

That's after council unanimously approved a motion from Ald. John Mar on Monday asking the mayor to push the Alberta government forward on its 911 Act.

"There are six jurisdictions in Canada that have passed similar legislation," Mar said. METRO

Cheeky deed. Stamps' Cornish issues apology

Calgary Stampeders running back Jon Cornish has apologized for his actions during Sunday's 30-25 road loss to the Saskatchewan Roughriders.

The CFL team issued a statement Monday after reports indicated the native of New Westminster, B.C., exposed part of his buttocks to the crowd at Mosaic Stadium after the loss.

"The incident was a mistake on my part," Cornish said. "I definitely took things too far and it reflects poorly on the organization."

Cornish, who leads the league with 947 rushing yards this season, was held to just 67 yards as Saskatchewan ended Calgary's four-game winning streak.

Stampeders coach and general manager John Hufnagel said the team plans to discipline Cornish. METRO

Stamps running back Jon Cornish. METRO FILE

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Health officials monitoring fatal SARS-like virus

Familiar scene? So far there is no connection between the cases except for a history of travel in Saudi Arabia

Global health officials are closely following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain.

The germ is a coronavirus, from a family of viruses that cause the common cold as well as SARS, the severe acute respiratory syndrome that killed some 800 people, mostly in Asia, in a 2003 epidemic.

In the latest case, British officials alerted the World Health Organization on Saturday of the new virus in a man who transferred from Qatar to be treated in London. He had recently travelled to Saudi Arabia and is now being treated in an intensive-care unit after suffering kidney failure.

Health officials don't know yet whether the virus could spread as rapidly as SARS did or if it might kill as many people.

"It's still (in the) very early days," said Gregory Hartl, a WHO spokesman. "At the moment, we have two sporadic cases and there are still a lot of holes to be filled in."

Hartl said it was unclear how the virus spreads. Coronaviruses are typically spread in the air, but Hartl said scientists were considering the possibility that the patients were infected directly by animals.

THE ASSOCIATED PRESS

Hajj pilgrimage

Saudi officials said they were concerned the upcoming Hajj pilgrimage next month, which brings millions of people to Saudi Arabia from all over the world, could provide more opportunities for the virus to spread.

- They advised pilgrims to keep their hands clean and wear masks in crowded places.
- The Hajj has previously sparked outbreaks of diseases including the flu, meningitis and polio.

A man wears a protective mask as he carries a bouquet of flowers at Women's College Hospital in Toronto in March 2003. Global health officials are following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain. THE CANADIAN PRESS FILE

Coronavirus

New disease linked to SARS family

There are a large number of coronaviruses. Some infect animals, others infect birds and still others infect people. In humans, coronaviruses typically cause colds.

But a coronavirus was also the cause of the 2003 outbreak of severe acute respiratory syndrome or SARS, which killed 44 people in Toronto and about 775 people worldwide. The new coronavirus reportedly causes severe pneumonia and kidney failure.

To date there is no sign of spread to health-care workers, who often serve as inadvertent sentinels of the spread of infectious diseases. During SARS, for instance, health-care workers were disproportionately affected, catching the new virus from patients they were struggling to save.

THE CANADIAN PRESS

Family of climber clings to hope

The sister of a Canadian cardiologist missing since an avalanche smashed into his climbing expedition on a Himalayan peak says she has no choice but to cling to the faint hope he will be found alive.

Quebec heart specialist Dominique Ouimet, 48, is among several people still missing on Mount Manaslu, the world's eighth-tallest peak.

Officials say at least nine people are dead after the avalanche roared through their camp around 4 a.m. Sunday, while more than two dozen climbers were still sleeping in their tents. Rescue teams scoured the area Monday for six missing climbers.

The doctor's sister, Isabelle Ouimet, told Radio-Canada in an interview that she had not given up on the possibility that her brother is still alive.

On Monday, four rescue helicopters scanned the slopes peak in search of the missing.

By midday, rescuers had brought down eight bodies and were trying to retrieve the ninth from the area where the avalanche struck, police Chief Basanta Bahadur Kuwar said.

THE ASSOCIATED PRESS

'Bunch of hooey.' Clement denies using ghostwriter for town-hall tweets

Treasury Board President Tony Clement is dismissing as "hooey" a report suggesting he was not the author of his own tweets during an online town hall last year.

The Canadian Press, citing documents obtained under the Access to Information Act, reported this week that Clement's staff did much of the tweet composition.

The documents said Clement had employed a "ghostwriter" to create tweets and that some were written before the town hall last December as stock answers.

"The ghostwriter worked with subject-matter experts to identify responses to questions and then worked with Clement to determine how to tweet in his voice," the documents said.

But the minister took to Twitter on Monday to deny the report. "That's a bunch of hooey," Clement wrote. "Docs are wrong. I directed the responses." THE CANADIAN PRESS

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Nye the Science Guy takes on creationists

Debate. Iconic host of children's program criticizes push away from teaching evolution

Bill Nye THE ASSOCIATED PRESS FILE

The man known to a generation of Americans as "The Science Guy" is condemning efforts by some Christian groups to cast doubts on evolution and lawmakers who want to bring the Bible into science classrooms.

Bill Nye, a mechanical engineer and star of the popular 1990s TV show Bill Nye the Science Guy, has waded into the evolution debate with an online video that urges parents not to pass their religious-based doubts about evolution on to their children.

Nye has spent a career teaching science to children and teens with good-natured and sometimes silly humour, but has not been known to delve into topics as divisive as evolution.

Christians who view the stories of the Old Testament as historical fact have come to be known as creationists, and many argue that the world was created by God just a few thousand years ago.

"The Earth is not 6,000 or 10,000 years old," Nye said in an interview with The Associated Press, citing scientists' estimates that it is about 4.5 billion years old. "It's not. And if that conflicts with your beliefs, I strongly feel you should question your beliefs."

Millions of Americans do hold those beliefs, according to a June Gallup poll that found 46 per cent of Americans believe God created humans in their present form about 10,000 years ago.

Nye, 56, also decried efforts in recent years by lawmakers and school boards in some U.S. states to present Bible stories as an alternative to evolution in public schools. Tennessee passed a law earlier this year that protects teachers who let students criticize evolution and other scientific theories. That echoes a Louisiana law passed in 2008 that allows teachers to introduce supplemental teaching materials in science classes.

"If we raise a generation of students who don't believe in the process of science, who think everything that we've come to know about nature and the universe can be dismissed by a few sentences translated into English from some ancient text, you're not going to continue to innovate," Nye said in an interview. THE ASSOCIATED PRESS

Catholic bishops

No sacrament without taxation

A Catholic reform group in Germany criticized the country's bishops Monday for declaring that believers who refuse to pay religious taxes won't be able to receive the sacrament, become godparents or work in church institutions.

A century-old agreement with the state adds up to nine per cent to the income-tax bill of Germany's 25 million registered Roman Catholics, earning the church more than $5.2 billion annually. The same tax applies to Protestants and Jews.

The churches use the income to pay employees' salaries and fund social work such as care for the elderly. The churches themselves aren't taxed by the state but instead pay an administrative fee for the collection of religious tax. THE ASSOCIATED PRESS

Pilgrimage

Nigerian women kept from Mecca

Nigerian officials say 398 Muslim women travelling to Mecca were temporarily held at a Saudi Arabian airport for travelling without male relatives. A spokesman said the women were allowed to proceed Monday. An agreement allows Nigerian women to perform hajj without a male relative. THE ASSOCIATED PRESS

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Infected

Zombie bees hit Washington state

Washington state has its first "zombie bees." Novice beekeeper Mark Hohn found that his bees are infected with a parasite that causes them to fly at night and lurch around erratically until they die.

The Seattle Times reports it's the first time the bee infection has been found in the state, according to tracking by San Francisco State University biologist John Hafernik through his website ZombeeWatch.org. Zombie bees were first discovered in California in 2008.

Bee populations already have been dropping in recent years due to another ailment called Colony Collapse Disorder, in which all the adult honey bees in a colony suddenly die.

Zombie bees also are being studied by Steve Sheppard, chairman of the entomology department at Washington State University. THE ASSOCIATED PRESS

Prophet mockery

3 men acquitted of murder plot

An appeals court has acquitted three men accused of plotting to murder a Swedish artist who had depicted the Prophet Muhammad as a dog.

Upholding a lower court's ruling, the appeals court in Goteborg said Monday there was no conclusive evidence that the three men of Iraqi and Somali origin had planned to kill Lars Vilks in September last year.

The men were carrying knives when they were arrested after inquiring about Vilks at an art exhibition where he had been expected to appear but did not do so.

The court said the men may have been prepared to use violence against Vilks but found no concrete proof that they planned to kill him. Vilks lives under police protection after his 2007 drawing led to death threats from militant Islamists. THE ASSOCIATED PRESS

Grauer's gorillas poached

Endangered species. Baby gorilla deaths raise fears others have been killed in Congo

Endangered Grauer's gorillas are victims of ongoing violence and a new rebellion in eastern Congo. A decision to allow oil exploration in a national park there may put the gorillas at greater risk.

Virunga National Park's Director Emmanuel de Merode said Monday that wildlife authorities rescued two baby gorillas in the space of a week this month.

Fighting between rival militia groups is making it impossible for wildlife authorities to find out how many of the Grauer's gorillas have been killed. Grauer's, also known as eastern lowland gorillas, exist only in eastern Congo. Experts estimate that fewer than 4,000 remain, down from about 17,000 in 1995, de Merode said in a statement.

The poaching comes as the park itself faces oil exploration. Congo's Hydrocarbons Minister Crispin Atama Tabe announced Monday that the government is authorizing the British firm SOCO to explore for oil in the park, Africa's oldest, created in 1925 under Belgian rule.

Virunga National Park, declared a UNESCO World Heritage site in the 1970s, is the only place on Earth that boasts all three African great apes in addition to elephants, buffalo, hippos, large antelopes, lions, leopards and a plethora of smaller animals and birds. Virunga and the SOCO concession encompass Lake Edward, one of the Central African great lakes that provides a livelihood for some 40,000 fishermen.

Atama Tabe told The Associated Press that oil exploitation could help bring security to volatile east Congo, although mining of the region's massive mineral riches has had the opposite effect, with various armed groups vying for control of revenues the minerals bring.

Monday's permission contrasts with the Environment Ministry's decision last year to suspend oil exploration in an area of Virunga that is home to more than 200 gorillas. THE ASSOCIATED PRESS

Quoted

"Baby gorilla trafficking is terribly damaging for gorilla populations."

Emmanuale de Merode, park director. Many of the gorilla's family members are usually killed to get the infant.

Virunga National Park caretakers weigh a rescued Grauer's gorilla infant.
LUANNE CADD/VIRUNGA NATIONAL PARK/THE ASSOCIATED PRESS

A television monitor shows former FBI agent Joseph Pistone, a.k.a. Donnie Brasco, testifying Monday in Montreal behind a screen at the Charbonneau inquiry looking into corruption in the Quebec construction industry. Pistone infiltrated the Bonnano family and was the subject of the movie Donnie Brasco. RYAN REMIORZ/THE CANADIAN PRESS

Quebec inquiry hears of inner workings of Mob

'Donnie Brasco' testifies. Underlings have to carry out orders without question — even to kill, ex-FBI agent says

The man who infiltrated the New York Mafia and inspired the movie Donnie Brasco is describing how he saw the underworld take over the construction businesses using methods that would be familiar to Quebecers today.

Joseph Pistone, a legendary FBI agent who spent six years undercover as a Mafia associate starting in the late 1970s, told the Charbonneau Commission about the inner workings of the Mob in the United States during his testimony on Monday.

He described its control over labour unions and businesses that owned raw construction materials — so it consistently managed to claim a piece of the profit, even for public contracts where a Mob-linked company wasn't ostensibly involved.

Pistone, now 73, discussed the ways of the underworld, including its moral codes and its list of offences that would get people killed. But what he has not done, so far, is delve into the workings of the Canadian Mafia.

He had just begun discussing ties between the New York families and their Canadian counterparts when the testimony broke for lunch. When he came back in the afternoon, he discussed the construction industry. THE CANADIAN PRESS

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First retail weekend

iPhone 5 sales below forecast

Apple Inc. said it sold more than five million iPhone 5s in the three days since its launch, fewer than analysts had expected. The sales tally is a record for any phone, but it beats last year's iPhone 4S launch only by a small margin. Apple said it had sold four million 4S phones in the first three days. THE ASSOCIATED PRESS

Staff welcome customers Friday at the Apple store in Hong Kong.
KIN CHEUNG/THE ASSOCIATED PRESS

Consumer debt

Canadians don't mind borrowing, survey finds

A new poll suggests that most Canadians are quite comfortable with using debt as a financial strategy — at a time when debt loads have risen to alarming new highs.

The survey, done for bankruptcy trustees Hoyes, Michalos & Associates, finds nine out of 10 respondents would consider borrowing money to cover an unexpected cost. The poll by Harris/Decima asked respondents how confident they were about being able to raise $2,000 within a month if an unexpected need arose.

While 55 per cent said they were extremely or very confident they could raise the cash, 92 per cent said they'd consider borrowing to come up with some of the cash. Less than half said they'd never faced a debt problem. THE CANADIAN PRESS

Mortage rules slow housing market: Report

August figures. Sales drop occurred in 21 of 28 metropolitan areas across Canada, says Conference Board

Canada's housing market appears to be cooling across the board in the face of tighter mortgage rules that affect many first-time buyers of modest means, a new analysis from the Conference Board shows.

The think-tank's snapshot of resales for August shows a widespread decline in sales of existing homes, with 21 of 28 metropolitan markets registering a drop from July, and 16 of the markets showing a falloff of five per cent or more.

As well, listings fell in 17 of the 28 markets, an indication that owners were reluctant to place their homes for sale due to soft conditions.

Senior economist Robin Wiebe of the Conference Board said there was evidence of cooling in some markets — particularly Vancouver and Victoria — before the new rules went into effect July 9.

But the new data shows the slowdown has spread to most markets and from coast to coast.

"When you see sales down in three-quarters of the market, that means it's pretty widespread," he said. "It's knocked previously high-flying markets like Regina and Saskatoon down a peg. Vancouver had been showing signs of cooling, now it's spread out into the Fraser Valley."

Still, the latest data shows that while sales and listings are down, prices appear to be holding steady. THE CANADIAN PRESS

Market Minute

DOLLAR	102.17¢ (-0.25¢)
TSX	12,313.54 (-70.06)
OIL	$91.93 US (-$0.96)
GOLD	$1,764.60 (-$13.40)

Natural gas: $2.837 (-4.8¢)
Dow Jones: 13,558.92 (-20.55)

Employee brawl. iPhone maker halts plant in northern China

The company that makes Apple's iPhones suspended production at a factory in China on Monday after a brawl by as many as 2,000 employees at a dormitory injured 40 people.

The fight, the cause of which was under investigation, erupted Sunday night at a privately-managed dormitory near a Foxconn Technology Group factory in the northern city of Taiyuan, the company and Chinese police said. A police statement reported by the official Xinhua News Agency said 5,000 officers were sent to the scene.

The Taiwanese-owned company declined to say whether the factory was involved in iPhone production. It said the facility would reopen Tuesday.

Foxconn makes iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. It is one of China's biggest employers, with 1.2 million workers in factories in Taiyuan, the southern city of Shenzhen, in Chengdu in the west and in Zhengzhou in central China. THE ASSOCIATED PRESS

By the numbers

79,000

There are 79,000 employees at the facility.

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GOOD NEWS TODAY

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GOODNEWSTODAY.CA

LINEUPS ARE FOR LUSHES

SHE SAYS...
Jessica Napier
metronews.ca

Last Saturday, I found myself in a position I swore I'd avoid forever: standing in line for a bar and hating every minute of it. Strangely, I felt as if I was the only person who understood what an awful reality the monstrously long line presented.

Didn't the crowd of Party-Rock enthusiasts surrounding me realize the one-in-one-out policy meant they'd be going inside roughly five minutes before last call? No, they were snapping Instagram selfies and seemingly oblivious to the chilly, just-turned-fall breeze on their inexplicably bare arms and legs.

But seriously, why wait?

"For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship."

There is a certain kind of cynicism, or maybe we'll call it wisdom, that comes with age that dictates just how long you're willing to stand in line to go to *the* bar of the moment. I guess the under-25 set just has much more stamina when it comes to late-night lineups.

Most people would agree that waiting in line can be a frustrating, anxiety-inducing and altogether boring process. But we tend to experience lineups in different ways based on our desires, expectations and whether or not we enjoy the company we're with.

In his article The Psychology of Waiting in Lines, former Harvard Business School professor David Maister examines how businesses and service organizations can improve the experience of waiting in line. Maister insists that it's how we wait — not how long we wait — that counts.

Lines we perceive to be unfair, unexplained or uncertain will always seem longer. Comparatively, queues that are reasonable, explained and predictable are much more bearable. Maister also points out that occupied time feels shorter than unoccupied time. This is why you'll find bad magazines in the waiting room at the dentist and mirrors in elevators.

Sometimes, lineups themselves aren't just a means to an end, but part of the overall experience. Last week, devoted fan-boys and girls camped out at Apple stores around the world in anticipation of the release of the iPhone 5, a shiny new smartphone marginally better than its predecessor. For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship.

Ultimately, lineups are inevitable and unavoidable — at airports, in emergency rooms and for every single public female bathroom in existence — but it isn't always the length of the line that determines whether or not something is worth the wait.

Unless it's already 1 a.m. and you're standing (in heels) behind 50 people in line for a bar. Then it's just time to go home.

Follow Jessica Napier on Twitter @MetroSheSays

How long you are willing to wait in line at a bar is correlated to the amount of alcohol you've consumed, presumably. SHAKESTERCODY/FLICKR

That's a jump to remember

KOEN VAN WEEL/EPA

War commemoration

Troops honour dead with airplane drop

Up to 1,100 troops from Holland, Belgium, Britain, Canada, Germany and the U.S. parachuted from airplanes above Ginkel Heath in the Netherlands.

The annual paratrooper drop this past weekend was to commemorate the Second World War's Battle of Arnhem, a significant airborne attempt by the Allies to cross the Rhine River.

METRO

Organizer's viewpoint

"It was a perfect opportunity for active servicemen to perform a true paratroop drop with their NATO allies."

Thijs van der Laan, communication advisor at the Airborne Commemoration Foundation (for the Battle of Arnhem)

Van der Laan told Metro that preparations to celebrate in two years, which will mark the 70th anniversary of the battle, are already underway. He noted that high members of the British and Dutch royal families would be in attendance.

History unearthed

Soldier's body found before ceremony

This year's commemoration was given added significance with the discovery of a British paratrooper's remains, almost 68 years to the day after he was killed in action.

The body — believed to be that of a soldier from Britain's 4th Parachute Brigade — was found with a metal detector. Two hand grenades were located near the body — the explosives were detonated on the spot.

METRO

Active paratroopers perform a drop to commemorate a famous battle. KOEN VAN WEEL/EPA

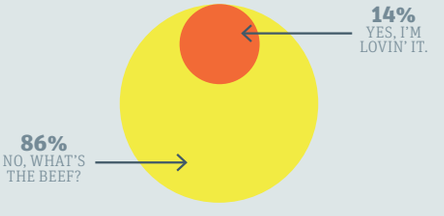
Online

Check out the video at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you go to a vegetarian McDonald's?



Twitter

@AshleyCrewe: Contemplating taking an 'artistic' Instagram shot of my Starbucks pumpkin spice but I'm too busy Tweeting about it #yvr to #yyc

@MagzMagzter: Free parking downtown this week, thank goodness! No sardine packed train for me this week! #YYC

@KirstenWreggitt: That summer weather is amazing, but get ready #yyc, we will soon need to do the closet switcheroo to winter clothes!

@Chett12: It's one of those days... where I wish I could #yycbike all day long. How glorious that would be.

@emiily_morrison: It's rare that good bands come to #YYC #CanadianProblems #ThereIsMoreThanJustToronto

metro

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SCENE 2

DVD Reviews

The Avengers
Directed by: Joss Whedon and Zak Penn
Starring: Samuel L. Jackson, Robert Downey Jr., Mark Ruffalo and Scarlett Johansson

••••

You don't have to sport a propeller beanie to enjoy The Avengers, which may be the highest possible praise for what director Joss Whedon and co-writer Zak Penn have wrought in their energizing superhero adventure. Whether you love or merely like The Avengers will likely come down to the performances of the ensemble, and not the perfunctory plot or the on-the-fly back story. And what an ensemble it is. Samuel L. Jackson is Nick Fury, the director of a global peacekeeping agency comprised of a fistful of Marvel Comics superheroes that include Iron Man (Robert Downey, Jr.), The Hulk (Mark Ruffalo), Captain America (Chris Evans), Thor (Chris Hemsworth) and newcomer to the team the Black Widow (Scarlett Johansson), a lethal gymnast.

PETER HOWELL

Damsels in Distress
Directed by: Whit Stillman
Starring: Greta Gerwig and Adam Brody

•••

Whit Stillman's screwball college comedy Damsels in Distress is only the fourth film in his 22-year career and his first since The Last Days of Disco in 1998. Perhaps he needs all that time to write and store up the amusing aphorisms that issue from the mouths of his creations. He reserves his best bon mots for lead damsel Violet (Greta Gerwig), who leads a quartet of do-gooders determined to help people improve themselves at Seven Oaks College, even if it kills them.

PETER HOWELL

On the web

Qriket

Drake, Japandroids, Feist? Find out if one of them or another talent won the Polaris Music Prize last night by scanning this code or visiting metronews.ca.

Action thriller Looper has Emily Blunt doing some crazy stunts. ALAN MARKFIELD/HANDOUT

Getting physical with Looper actress Emily Blunt

Q & A. Actress dishes on her rough-and-tumble role while giving us a taste of her nerdier side

NED EHRBAR
Metro World News in Hollywood

We sat down with Looper star Emily Blunt to talk about getting physical for her role in the film — namely, wielding a shotgun and an axe, despite the proper training — and how she got back at director Rian Johnson.

She also got into a bit of name-calling when the subject of time travel came up, but she can get away with it.

In this movie, you are quite handy with a shotgun.
Yeah! I hopefully didn't look like a sissy with a shotgun, so that's good.

No, you were very convincing, very threatening. How much prep did you do for that?
With the shotgun? The thing I prepped for, actually, was the chopping wood.

That's the thing I practiced for about a month beforehand in my backyard.

I had this guy come over and deliver logs and an axe, and he was like, "There you go." And I was like, "Oh, I don't know how to do this," and he was like, "I don't know how to do this either."

So I just practiced for a while. And that was probably the hardest scene to shoot, the chopping wood scene. Physically, by the end of the day I was just like, "Argh!"

I don't know how many takes you had to do...
A lot. A lot.

And did you exact any sort of revenge on Rian for making you chop so much wood?
I don't think I did, actually. I mean, maybe the most vengeful thing that happened was that we had to put fake blood on everyone, and the little boy hated it, so we doused Rian with fake blood as well just so he would feel like one of the team.

But it didn't help. The kid still hated it.

That's good, I think, that the kid hated being doused in fake blood.
Well, he should, right? He's five. He should hate that.

I'm still trying to wrap my head around the fact that the guy who delivers the wood and the axe doesn't know how to use it.
I know, I know. He just dropped the logs off and was like, "I think you kind of do it like this." I was like, "Oh great. I'll figure it out."

I wanted to talk a little bit, briefly about time travel...
Nerd.

Yes, yes. I am. Did you guys spend any time off-screen actually trying to wrap your heads around time travel?
I mean, I never get too wrapped up in the technological stuff. I don't really geek out for that stuff. I'm not the best person to nerd out with over time travel.

Exclusively online

Visit metronews.ca/scene to see our video interview with Emily Blunt.

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Beth Ditto looks back on her career, and forward to even more success

Outspoken, and proud of it. Gossip singer credits her long years with the band for the steady evolution and maturity of their sound

JÉRÔME VERMELIN
Metro World News in Paris

Gossip singer Beth Ditto is a dedicated fan of David Bowie, Whoopi Goldberg, Lauryn Hill and ABBA. GETTY PHOTO

Beth Ditto doesn't mince her words. Gossip fans love the 31- year-old both for her sensual voice and her feistiness. Ditto is openly gay and 100 per cent comfortable with her curves. Her life has been one extraordinary journey, which she reflects upon in her upcoming biography, Coal to Diamonds.

Is it fair to say you now have the career of your dreams?
I think so. It's incredible to still be a part of Gossip. We grew up together, and the people we work with are real friends. I've spent half of my life in this group. When we first started we were a small punk rock band and now, we're living these incredible experiences. We still get excited about that. But we're also very tired…

Gossip seems to change its look and sound with every new album. Has this got something to do with your musical influences?
I'm obsessed with David Bowie. Did you know that?

I did think you were...
You and I, we're going to go meet him. Let's share our connections. Lately, I've felt really inspired by David Bowie. I spent my life listening to his music, but it's only now I realize how much he's inspired me. Rediscovering artists is almost more amazing than discovering new ones. Bowie's lyrics are beautiful – he's both an eccentric and a gentleman.

He's super creative and his music is stunning. But the people that have inspired me most are close members of my family including my mother and sister. Musicians such as Tobi Vail and actresses, such as like Whoopi Goldberg have also inspired me.

You do know Whoopi is in Paris at the moment, for the premiere for Sister Act...
Whoopi Goldberg is in Paris! Are you kidding me (turns to her team)? Call my manager, I have to see her! Did you know that Sister Act 2 is my favourite movie?

Number 2? Not number 1?
Number 2 is cooler. And Lauryn Hill is in it! Whoopi Goldberg is incredible, I watch her talk show back in the states and I truly believe that woman is the voice of reason.

ABBA heavily influenced your last album, A Joyful Noise. Did this surprise the original Gossip fans?
All the groups that I love, even the most punk ones like the Germs, all love ABBA. The beauty of being in your 30s is that you have this ability to come to terms with groups that influenced you in your youth. You're proud of the music you listened to in the past. Some say we're no longer relevant, I say we're just at an age when we're comfortable with who we are.

As the lead singer of Gossip, do you like reading gossip and celebrity magazines?
It depends on the celebrity. If its about me, I love it! There's nothing better than being able to read a load of bulls— that's been written about me. Ironically, the true story is usually much worse than the version reported by the magazine. Unfortunately, people tend to believe what's written in the papers — even my girlfriend!

Quoted

"It's incredible to still be a part of 'Gossip'. We grew up together and the people we work with are real friends. I've spent half of my life in this group. When we first started we were a small punk rock band and now, we're living these incredible experiences."

Beth Ditto. Gossip lead singer.
On how she and her band have evolved over the years.

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Maximum: 30 Age: 4-10 years old

Demonstration of SAIT's Green Building Technologies research lab
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Meet at South entrance of Heritage Hall (Main entrance that overlooks City)
Maximum: 50 Age: Adults

In Transition – Video and Forum
Time: 3:00-5:00pm
Workshop Hosts: Dr. David Swann, Kristina Groves, Chris Turner, Kris Vester
Room# MB 202
Maximum: 100 Age: Adults

Room# MA 102

Art Journals – Using Recycled Materials to Create Art and Express Yourself
Time: 10:00-10:45am & 3:00-3:45pm
Workshop Hosts: Jan Scruggs & Meredith Helgeson
Maximum: 20 Age: 15+

Shifting to a Whole Food Lifestyle - Based on Earth-inspired Living
Time: 11:15am-12:00noon
Workshop Host: Michelle Giangualano
Maximum: 30 Age: adults/10+

All about the Native Mason Bees including How to Build a Bee House
Time: 12:30-1:15pm
Workshop Host: Nathalie Callede
Maximum: 30 Age: all age
(children must be accompanied by an adult)

Radically Reducing Chemicals in Personal Care and Cleaning
Time: 1:45-2:30pm
Workshop Host: Mary Jean Belrose
Maximum: 20 Age: 16+

Room# MA 109

Home Sweet Home - How to Build a Sustainable Bat House
Time: 10:00-10:45am Workshop Host: Nathalie Callede
Maximum: 30 Age: all age
(children must be accompanied by an adult)

Home Lighting Options: New Efficient Possibilities & Technologies
Time: 11:15am-12:00noon
Workshop Host: Andy Riopel
Maximum: 30 Age: Adults

Solar for your Home - from Site Assessment to Installation
Time: 12:30-1:30pm
Workshop Host: David Vonesch & David Kelly
Maximum: 30 Age: Adults

Learn about the HEAT (Home Energy Audit Tool) project
Time: 2:00-3:30pm
Workshop Hosts Ken Hogg & Darryl Kaminski
Maximum: 30 Age: Adults

Bullfrog Power - the Clean Energy Quiz
Time: 4:00-4:45pm
Workshop Host: Gary Fredrich-Dunne
Maximum: 30 Age: Adults

Room# MA 128

How to Size a Solar PV System for Electricity or Space Heating
Time: 10:00am-12:00noon
Workshop Hosts: Colin Dumais & Derrick MacAskill
Maximum: 50 Age: Adults

The Challenges and Rewards of Building a Sustainable Home
Time: 12:30-1:15pm
Workshop Host: Kristina Groves
4x Olympic Medalist in speed skating
Maximum: 30 Age: Adults

Posture and Performance
Time: 1:45-2:30pm
Workshop Host: Blair Schachterle
Maximum: 15-20 Age:15+

The Exciting World of Worm Composting
Time: 3:00-4:00pm
Workshop Host: Pat Smith-Allen
Maximum: 30 Age: 9+
(a parent must accompany)

Learning Water Wise Basics and Then Apply them to your Own Yard
Time: 4:15-5:00pm
Workshop Host: Wendy Runge
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ECO LIVING

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

How does John Mayer do it?

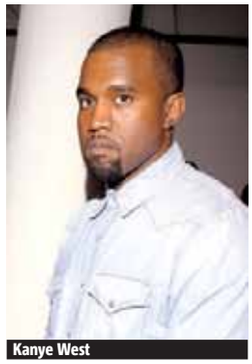
THE WORD
Dorothy Robinson
scene@metronews.ca

John Mayer's little black book reads like a who's who of GQ magazine covers: There's Jennifer Love Hewitt, Jessica Simpson, Jennifer Aniston, Minka Kelly, Taylor Swift, and, most recently, new divorcee Katy Perry.

But Perry's friends are worried about the singer due to Mayer's lady killer reputation, according to Radar Online. Sources say her pals are urging her to end it with Mayer before she gets too attached. "Katy's friends and family haven't taken to John at all. In fact, they are worried that she is headed for heartbreak," a source says. "Despite the fiery image Katy likes to present, she's actually more fragile than that, and when John dumped her a few weeks after they first got together she was devastated. Now that she has invested more feelings in John and has let her guard down, there's only one way this can end — in disaster."

Disaster — or an eventual song about Mayer and his heartbreaking ways. Or, depending on how you feel about Katy Perry's singing, it could be both.

Lawyers putting the kibosh on Kanye tapes?



Kanye West

It looks like there could be some truth to the rumours of a Kanye West sex tape — or two, even — now that lawyers for the rapper have sent out a cease-and-desist letter to multiple media outlets demanding they take down posts featuring a screen shot allegedly from the video, according to AllHipHop.com.

"Be advised that the screen shot, as well as the tape from which the screen shot was taken, were illegally obtained and believed to have been stolen from Mr. West's computer," West's attorney writes in the letter.

And according to TMZ, there's a second sex tape featuring the rapper being shopped around.

"Both tapes are impressively long. The first is roughly 20 minutes," source tell the website. "The second is more than 40."

Billie Joe Armstrong ALL PHOTOS GETTY IMAGES

He doesn't want to be an American idiot: Billie Joe heads to rehab

Green Day frontman Billie Joe Armstrong stunned a Las Vegas audience over the weekend with a guitar-smashing outburst after being told to wrap up his band's set. Instead, he flew into a rage, smashed his guitar, yelled at the audience and stormed off the stage. Now, it turns out it wasn't just a simple tantrum, as Armstrong is headed to rehab. "Green Day's Billie Joe Armstrong is seeking treatment for substance abuse," the band's rep said in a statement Sunday. "Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

Twitter

@joelmchale
Dear Sun, We get it. You're awesome and powerful. Please stop. Love, Los Angeles.

@MissKellyO
Although Im working 14 hour days while I am here I bloody love being home!

@AlbertBrooks
I just thought of the world's funniest tweet.

@SofiaVergara
I party Like a mermaid!

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Are you dating a narcissist?

Quiz. Your new guy seemed confident, loving and outgoing, until he slowly became critical, jealous and self absorbed

ROMINA McGUINNESS
life@metronews.ca

Are you dating a Ron Burgundy? GETTY IMAGES

Confidence. It's attractive in a man. But when dating, sometimes it's hard to determine where his healthy ego starts and narcissism begins. Is your man in love with you? Or himself? Or rather, does this sound familiar?

"Initially, you buy into this inflated image," says Gail Saltz, a psychoanalyst from New York. "But eventually, you come to realize the difference between confidence and insecurity covered over with swagger."

We asked the experts where this behaviour comes from.

"Narcissism stems as a reaction to a home environment where a child wasn't allowed to develop an autonomous self," posits Sam Vaknin, author of Malignant Self-Love. "The child creates a 'false self' who is everything that the narcissist is not, but would like to be. Narcissism is a shell and inside there is a huge void. The narcissist does not know what it means to be himself — and as a result, has zero empathy."

To help, we put together a small quiz to help you figure out if your super 'awesome' and confident guy is a narcissist.

Quiz: Are you dating a narcissist?

1. By the end of your first date together you are:

A: Still trying to get over the fact someone so cool, attractive, successful and exciting wants to date you.

B. Whoa! Chill out — you're still not sure if there's going to be a date two.

C. The love of his life.

2. He uses the back of his iPhone as:

A. A mirror — he checks himself out every two seconds.

B. A ruler (hopefully not to rack out lines of cocaine).

C. A shrine to you. He has a giant photo of you on it.

3. Sex is:

A. Less about your pleasure in the moment than his aggrandizement. It's all about his amazing body, crazy moves and his swagger.

B. Fair play: You both give and take.

C. Mind-blowing, mostly because he makes it all about you.

4. His group of friends….:

A. He fell out with his closest friends before you met. The ones he has now are like the hangers-on in Entourage.

B. Game of Thrones meets How I Met Your Mother meets Gossip Girl. Full of drama, hate, sex, lies, backstabbing — but mostly love.

C. Super tight. They've been friends since school and share spreadsheets to plan holidays and nights out.

5. He's cheated on you…:

A. Three to four times. That you know of.

B. You both sort of cheated once — but it was a Ross-Rachel thing. You were on a break.

C. He panics every time someone hits on him, let alone tries to kiss him.

6. The two of you bump in to your (hot) ex:

A. He immediately picks a fight because your ex looked you 'in the eye' and threatens to beat him up if he ever comes near you ever again. You, the ex's wife and his kids all witnessed the scene.

B. He just feels sorry for the guy. He doesn't know what he's missing out on since he's no longer with you.

C. He manages an awkward smile but he's so pale and stressed out it looks like he's about to pass out.

7. You've just been made redundant and you come home sobbing:

A. He tells you to get a grip, turns on the TV and spends the whole evening complaining about his lame $4,000 bonus and imminent pay raise.

B. He reminds you that you hated your job and wanted to quit anyway. At least this way you'll get a good payoff.

C. He helps you spruce up your CV, agrees to watch The Notebook without complaining and books you a spa weekend using his bonus money.

8. He spends his spare cash on:

A. Flashy cars, nights out, expensive watches, gadgets (he's on the waiting list for the iPhone 5). He updates his wardrobe every season, and yours. He doesn't want you cramping his style.

B. Fixing up his beat up car, beer and pizza.

C. You.

9. Your phone rings in the middle of the night:

A. You look out the window and see him standing on your doorstep: you didn't text him back so he's come to find out why.

B. Nothing major, just a bootie call.

C. You forgot your USB key at his house, the one with the presentation for those potentially huge clients. He's here to return it.

10. You say: Honey, that polka-dot shirt is a little too much:

A. How dare you question his taste? He goes mental at the fact that you've contradicted him and spends the rest of the night sulking. You get the message; never criticize him. Ever again.

B. But he totally digs his spotty shirt! There's no way he's changing.

C. He changes into the shirt your mother (i.e. you) gave him last Christmas.

SCORES:

If you scored a majority of A's
The narcissist boyfriend: Your boyfriend sounds like he could be a narcissist. That or he's so selfish he doesn't really care about you and your needs.

If you scored a majority of B's
The super chilled boyfriend: You're dating a no-nonsense dude. He's chilled and cool.

If you scored a majority of C's
The love struck boyfriend: Your boyfriend is so in love with you that you don't need to worry about him being a narcissist. If anything, he should think about his needs a little more.

LIFE 3

On the web

Qriket

Health agencies aim to address the problem of providing health services to the Roma

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Arthritis not just for the old

Health care. More than four and a half million Canadians are affected by the disease, and experts expect that number to rise

CELIA MILNE
life@metronews.ca

Linda Wilhelm was only 23-years-old — with a newborn baby and a two-year-old — when she was diagnosed with rheumatoid arthritis.

The disease hit her hard. She would eventually need two knee and two shoulder replacements, a new hip, an ankle fusion, a wrist fusion and an artificial elbow.

While her suffering has been more dramatic than most, her story is familiar to many.

She bounced from doctor to doctor, and no one had a care plan for her. More than 30 organizations involved in arthritis hope to change that. Last week, they launched a new national framework called the Joint Action on Arthritis. It is designed to coordinate arthritis efforts around the country, improve prevention and care, raise awareness of the disease, and strengthen research dollars. Wilhelm, a mother of three and a grandmother living in Midland, N.B., told her story at the Calgary launch, and was optimistic.

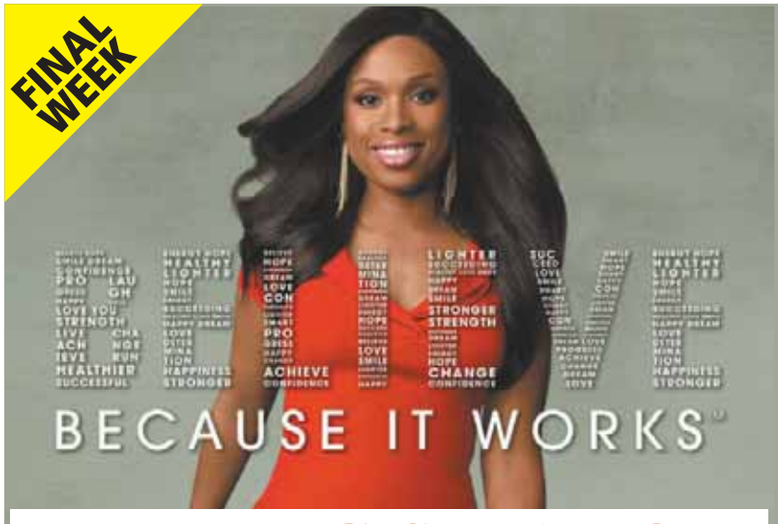
"I'm excited to see the launch of this framework, so nobody will fall through the cracks in our health care system."

Approximately 4.6 million Canadians are directly affected by arthritis, and many of them are young.

"Within a generation," says Dr. Dianne Mosher, president of the Arthritis Alliance of Canada and a Calgary rheumatologist, "the number of Canadians with arthritis will double, to the point that one in four of us will join the ranks of those suffering."

In future, patients will receive care from a team — doctors, nurses, and other experts — all in one clinic.

Experts expect the number of Canadians who suffer from arthritis to double within a generation. ISTOCK PHOTOS



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Best Health

Check out the buzz-worthy foods

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the October issue of Best Health magazine dietitian Matthew Kadey looked into some of the foods that are causing a buzz lately. Here are a few.

Coconut water

A growing list of Hollywood celebs are raving about it, and more and more stores are carrying it. Coconut water is extracted from young coconuts and has only small amounts of sugar.

Avocado oil

It contains lutein, which helps promote healthy vision, and has a higher smoke point than olive oil so it works well for higher-temperature cooking such as stir-frying. Plus, more than 70 per cent of the calories in this buttery, green-tinged oil come from monounsaturated fat.

Hemp beverage

Made by blending hemp seeds with water, this drink has a nutty flavour. Among non-dairy drinks including soy, almond and rice, hemp provides the most omega fats, which improve health. (However, soy has more protein.) Hemp is also a natural source of iron.

For more new foods look for the October issue of Best Health magazine, on newsstands now.

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Tex Mex Chili's lighter side

ROSE REISMAN
for more, visit
rosereisman.com

This is a lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment and you can add diced avocado to the list of garnishes.

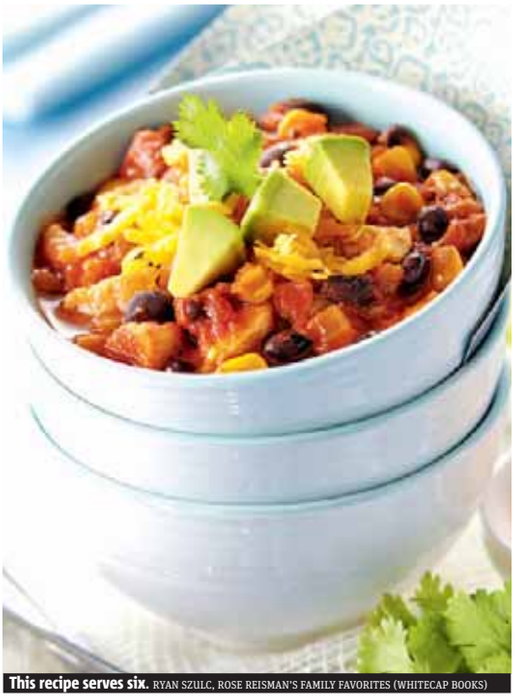
1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a non-stick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.

2. Respray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.

Ingredients

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce
- 3/4 cup chicken (or beef) stock
- 1 tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper
- pinch of salt and pepper
- 1/4 cup chopped cilantro
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens.



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

4. Serve the Tex Mex chili in bowls, and garnish with cilantro, aged light cheddar cheese and sour cream.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Spice it up!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Here's a fancy new word for you: ORAC value. ORAC stands for the oxygen radical absorbency capacity of a food.

The leading theory in aging and age-related illness is the free radical damage that occurs when cells turn over during the normal course of taking care of their business.

Adding high ORAC foods is your best defence to reduce that damage and fight aging and illness.

Dark leafy greens, green tea and intensely coloured fruits are great but go beyond with the top six spices that have been shown to do the trick.

1. Cloves
2. Cinnamon
3. Rosemary
4. Oregano
5. Thyme
6. Turmeric

Most of these are in your pantry and you likely use them once a week (turmeric is in curry powder), but you'd be wise to work them all in daily.

Add cloves and/or cinnamon to your morning coffee, any type of yogurt or oatmeal.

Add fresh or dried herbs like rosemary, oregano and thyme to every soup or salad you have for lunch. They can also be added to pasta sauce.

If you are not a curry lover, think about turmeric capsules in your morning handful of supplements.

What's one more?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

On-the-run dinner: Pork & Bean Burritos

Prepare these pork and bean burritos ahead and have them ready to take for a supper on the run as busy fall activities swing into place.

Use your favourite bean variety such as black, white or kidney beans.

1. In large non-stick skillet, cook pork over medium-high heat for about 8 minutes or until no longer pink. Scrape meat into colander to drain. Set aside.

2. Return skillet to medium heat and put oil on it. Add onion, garlic and chili powder; cook for 2 minutes. Add cooked pork and tomato paste and cook, stirring for 2 minutes. Add beans, broth, red pepper, jalapeno and cilantro and cook, stirring, for about 8 minutes or until liquid is absorbed.

3. Dividing mixture evenly, place along centre of each tortilla and sprinkle with cheese, if using. Fold ends in and roll up.

4. Toast burritos in a non-stick skillet over medium heat, turning once, for about 4 minutes or until golden on both sides.

THE CANADIAN PRESS/ ONTARIO PORK PRODUCERS.

Ingredients

- 500 g (1 lb) lean ground pork
- 5 ml (1 tsp) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 20 ml (4 tsp) chili powder
- 30 ml (2 tbsp) tomato paste
- 1 can (540 ml/19 oz) beans (no salt added), drained and rinsed
- 250 ml (1 cup) sodium-reduced chicken broth
- 1 red pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 45 ml (3 tbsp) chopped fresh cilantro
- 6 large whole-grain flour tortillas (each 47 g)
- 75 ml (1/3 cup) shredded light cheddar cheese (optional)

This recipe serves six. THE CANADIAN PRESS H/O

Dig your heels in: You too can win a battle against the big banks

Alison's Money Rule.
If you feel something is unfair at your financial institution, put up a fight!

YOUR MONEY
Alison Griffiths
money@metronews.ca

I won! Maybe you can't fight city hall but you can fight battles (and sometimes win) against the financial services industry. Here's the back-story.

My dear old Dad died in January at 89. I am his executor. Because the estate was less than $25,000 in total, there was no need to probate the will.

Dad had a couple of bank accounts, a Registered Retirement Investment Fund (RRIF) and a small investment account at Canadian ShareOwner Investments Inc. (CSI) where he liked to dabble in the stock market.

Dad also had a bunch of pensions and a small life insurance policy. The pension and insurance people were cooperative and prompt as I went through the sad process of saying a financial goodbye to my father.

It might take months to fight, but don't let the financial services industry get away with errors. ISTOCK IMAGES

I expected the same from CSI, RBC, CIBC and TD Canada Trust. Au contraire. There isn't enough room here to outline all the time wasting mistakes, roadblocks, and bafflegab I experienced.

The institutions all had notarized copies of the will, death certificate, witnessed proof of my identity and a letter of direction from me, the executor, about what I wanted done with his accounts.

Even so, I was asked to sign and have notarized various "internal" affidavits in order to close any of his accounts or make transactions. CIBC refused to open an estate account because my father did not bank there, though I have for over 30 years. I could have gone to RBC where my father banked but after four significant errors, including an unauthorized $8,000 debit which took time and energy to reverse, I wasn't going near the place.

My lawyer, who specializes in estates, made it clear that CIBC had no legal grounds to refuse me, and the so-called "required" affidavits were not necessary. A follow up with the Solicitor General's office confirmed his information.

I dug in my heels. It took nearly four months to go up the various ladders. I could have given in but the patriarchal and intransigent attitudes in the financial industry got me fighting mad. In the end, I won. The banks and the Canadian ShareOwner acquiesced. The latter even waived a $150 fee.

The moral of the story is this: If you feel something is unfair at your financial institution, put up a fight — you might win.

What are probate fees?

Probate fees are imposed by the court and vary by province. Assets such as RRSPs and insurance are not included in the fee calculation.

Hey friend, you're busting my budget

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I have to agree with The Beatles that "The best things in life are free" including the richness we find in our relationships with friends and family members. But, for many Canadians, money is often spent to experience relationships — dinners, parties, coffees, gifts, travel and more.

Have you ever wondered what it costs to have friends?

I started thinking about this last week as I embarked on medical treatment that will ultimately heal my dislocated jaw resulting from a random hiking accident.

For the next few months I won't be able to enjoy dinners at restaurants or workout classes — both activities cost money and involve hanging out with my pals.

In one short week I've saved $100 because I've had to find other activities to do with my friends which involve eating at home, low-impact exercise like walking and renting movies rather than going out to a theater.

What do you spend to maintain your relationships? Could you be more frugal without compromising your friendships?

According to a poll conducted in July by Coupon Cabin, 20 per cent of respondents have felt pressured to keep up with friends in terms of spending on things like homes, cars, clothes, dining, travel and more. Nineteen per cent of respondents spend $500 or more per year on gifts and nearly 20 per cent have had to 'break up' with pals because of money related issues.

If you're social life is busting your budget try these suggestions. Host pot-luck dinners and BBQs rather than eating at restaurants. Schedule coffee 'dates' rather than lunch. Pull out your dusty board games or old movies and entertain at home. If you like getting active, select free activities like walking, hiking, biking, running, football, baseball, or other sports. Take advantage of group discounts through online coupon sites like Groupon.

I'm not trying to suggest that you get rid of your friends so that you can save money.

Rather, as you invest time in enriching your relationships, inspire frugality amongst your friends.

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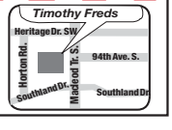


Denting cars

And that's why you always leave a note!

What is the correct etiquette when my kids fling open their car doors and damage/dent the car next to me? Can I please just ignore it and tell my kids to never do that again, or do I seriously have to write a personal note and pay for the damage?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I suspect you know my answer, especially since I just bought a brand new car two weeks ago.

Yes if your kids dent a door you should leave a little note, and do your best to teach your kids to be careful.

Now I know lots of you will write and say, just don't worry about it; dents and scratches happen all the time and nobody leaves a note. But remember, your question was "what is the correct etiquette?" Now what do most people do?

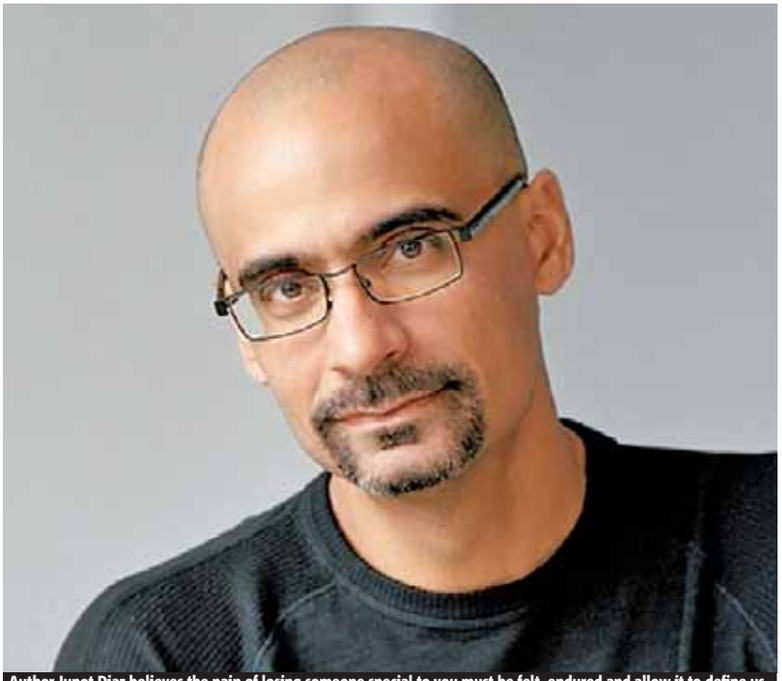
They pretend they did not see what they did, close their own car door and walk away!

So my final word is just do your best to be careful, but remember little scratches and accidents do happen, and this is life.

Ask yourself: What is the right thing to do? ISTOCK IMAGES

Pulitzer-Prize-winning author Junot Diaz muses on modern love

GINA ANGELOTTI
Metro World News in New York



Author Junot Diaz believes the pain of losing someone special to you must be felt, endured and allow it to define us as people. SUPPLIED

As tales of relationship redemption go, each of the nine relatable short stories in Junot Diaz's consummate collection, This Is How You Lose Her, triumphs.

In nonlinear vignettes of brotherly, paternal and romantic love, his characters — who dig themselves into holes and then must grin through the grit and bear it — remind us of the power of self-preservation.

While not explicitly present in every story, Yunior — aged five, 15, 20 and 30-something — is at the core of them. As "the most awesome ex-boyfriend in the world" but a "terrible boyfriend," he never comes out the victor in a traditional sense, but he proves to be a survivor, continuously learning from his mistakes.

What are the roots of his indiscretions and inadequacies? Diaz suggests that immigrating to the U.S. from the Dominican Republic and witnessing death at an impressionable age contribute to Yunior's commitment-phobia.

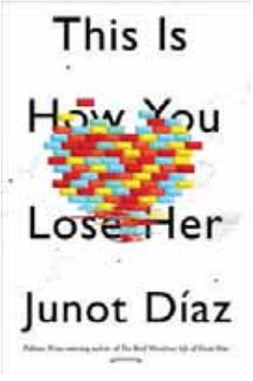
"Part of the art (of writing) is not to look at the most obvious answer," Diaz says. "When I think of what's wrong with Yunior, I think: make a list of the things he's lost."

That laundry list — not limited to losing his brother to cancer, his own youth to the responsibilities that beckon afterward and his girlfriends to his vices — doesn't excuse Yunior's flawed, sometimes chauvinistic behavior.

But Diaz doesn't judge or shame him for it either; rather he acknowledges that the person hurt most by a cheater is himself.

We sympathize with Yunior, transgressions and all.

Through interrogative second-person narration and colloquial language peppered with Spanish, the Pulitzer Prize-winning author authentically captures Junior's cultural and emotional dualities.



We get real with Diaz about falling in love — and getting back up again.

How did you tap into Yunior's various life stages, which feel raw and identifiable?

I wish that I could say that I had a secret or that it came easily, but what ends up happening is that I spend a lot of time steeping in my characters, steeping in their moments.

And in fact, I always think that I could do better.

Having written a character who repeatedly fails at monogamy, do you yourself believe in it?

I think it's difficult, but I think: God, what isn't difficult? Given how easy it is in our culture to jump out, it makes that struggle all the more difficult.

I think the debate is how honest we can be with ourselves with other people. Most of the time we just hurt the other person rather than talk to them.

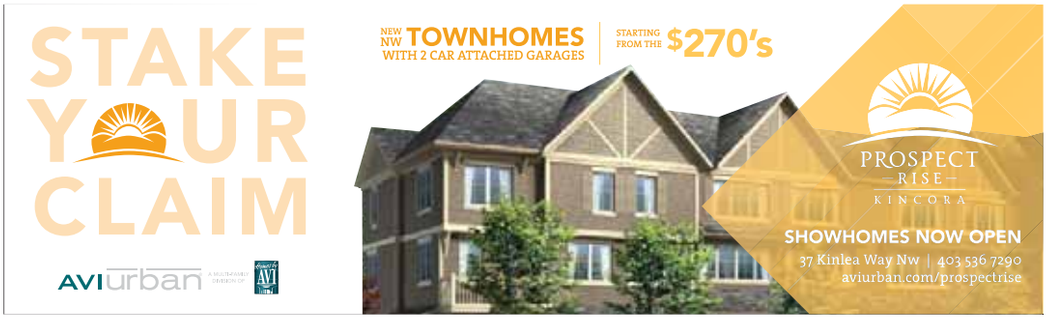
Don't you think a lot of our views of the world are not very clear-minded, that we tend to be thinking from our place of hurt?

We're hurt, so we tend to have a more shrunk-down, impoverished view.

In your final story, you poignantly say the half-life of love — the length of time it takes to let go when a relationship ends — is forever. Have you at least found an effective prescription for moving on?

Heartbreak is one of our great challenges, and enduring it really defines our character. My feeling has always been, if you're in pain, the only thing that you can do is feel it.

If you're overwhelmed by loss, the only thing you can do is be overwhelmed. It's sort of simplistic, but I've never found anything else that worked.



SPORTS 4

NHL. Oilers eye Seattle for possible relocation

With plans for a new arena in doubt, the Edmonton Oilers say they are considering a move to Seattle.

Oilers owner Daryl Katz, team president Patrick LaForge and Kevin Lowe, president of hockey operations, are in Seattle for meetings about a possible relocation to the city.

The Oilers said in a statement that while they hope to reach a deal with Edmonton on a new arena, the team is also listening to proposals from a number of potential NHL markets.

Seattle city council approved hedge-fund manager Chris Hansen's plan for a $490-million US arena Monday that both sides hope will host an NBA and NHL team in the future.

The Oilers and the City of Edmonton had agreed on plans for a proposed $475-million cost-shared arena that would begin construction early next year.

But the arena and the Oilers' future in the city were thrown into doubt this month when the team told councillors it wanted millions of dollars in new concessions from taxpayers.

THE CANADIAN PRESS

NBA. Valanciunas' injury not serious, Raptors say

Toronto Raptors rookie centre Jonas Valanciunas sustained a left calf strain during a workout over the weekend.

The Raptors said in a release Monday the injury isn't considered serious, though there is not a timeline for his return.

The six-foot-11 Lithuanian was drafted fifth overall by the Raptors in the 2011 draft. He played with Lithuanian team Lietuvos Rytas last season, helping the club to a third-place finish in the second-tier Eurocup Basketball tournament. THE CANADIAN PRESS

Raptors rookie Jonas Valanciunas
GETTY IMAGES FILE

CFL

Tackling by hair fair play, CFL confirms

Fair warning to CFL players: Long, flowing hair might look great and be the latest rage, but it's fair game on the football field.

Tom Higgins, the CFL's director of officiating, said Monday long hair is deemed a part of a player's equipment and can be used in the making of a tackle.

The issue came to light Sunday when Montreal kick-returner Trent Guy was twice pulled down by his long dreadlocks in the Alouettes' 31-10 nationally televised home win over the Toronto Argonauts.

Toronto's Mike Bradwell grabbed rookie Guy's hair in the second quarter during a punt return. A flag was thrown but the penalty was quickly overturned.

"It's part of the uniform," Higgins said. "It's like tackling a guy by the arm. It's a part of him so you're allowed to use it to make a tackle."

Guy, who returned a missed field goal a club-record 129 yards for a touchdown in the contest, said this wasn't the first time he had been pulled down by the hair.

"I've been tackled by my hair a number of times," the former Louisville standout said with a chuckle. "I'm kind of used to it now."

Surprisingly, Guy has never considered getting his hair cut.

"No, not at all," he said. "My hair has been pretty long since college and is just something I have to deal with."

THE CANADIAN PRESS

Trent Guy THE CANADIAN PRESS FILE

NHL labour talks stuck in neutral

NHL. Commissioner Bettman, Donald Fehr expected to be in contact today

A face-to-face meeting between top officials from the NHL and NHL Players' Association wasn't enough to break their labour stalemate.

The sides spent almost five hours together Monday going over accounting for last season, but didn't emerge with any plan to resume collective bargaining talks. The topic wasn't even raised, according to representatives from each camp.

Nine days into the lockout, negotiations remain on hold with the owners and players entrenched in their positions.

"Obviously, we've got to talk before you can get a deal, so I think it's important to get the talks going again," said deputy commissioner Bill Daly. "But you also have to have something to say. I think it's fair to say we feel like we need to hear from the players' association in a meaningful way because I don't think that they've really moved off their initial proposal."

Steve Fehr, NHLPA's special counsel, declined comment.

Neither NHLPA executive director Donald Fehr or commissioner Gary Bettman attended the meeting. But the two men were expected to take in an NHL alumni dinner Monday night where Daly suggested they may discuss resuming talks.

THE CANADIAN PRESS

Quoted

"I think the league is waiting for us to make the move, and we're waiting for them to move. So someone has to move. And I don't see it coming from our end."

Red Wings forward Danny Cleary, predicting a prolonged lockout to the Detroit Free Press on Monday

NHL hockey players skate during an informal hockey practice on Monday in Amherst, N.Y. DAVID DUPREY/THE ASSOCIATED PRESS

Mobile sports

Qriket

The Ryder Cup is heading to Chicago for the first time and Luke Donald is the only player who can call the Windy City home. There's only one catch — Donald is English.

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Seattle Seahawks wide receiver Golden Tate, bottom, wrestles with Green Bay Packers cornerback M.D. Jennings for the ball after a Hail Mary pass on the final play of the game in Seattle on Monday night. OTTO GREULE JR/GETTY IMAGES

Seahawks emerge victorious after disputed final play

NFL. Controversial end to high-profile game sure to fuel debate about replacement refs

Monday's game

Seahawks	Packers
14	12

In a bizarre ending that capped a tough weekend for replacement officials, the Seattle Seahawks beat the Green Bay Packers 14-12 on Monday night.

Russell Wilson threw a disputed 24-yard touchdown pass to Golden Tate on the final play of the game, a game that finally ended 10 minutes later when both teams were brought back on the field for the extra point.

Wilson scrambled from the pocket and threw to the corner of the end zone as the clock expired. Tate shoved Green Bay's Sam Shields out of the way, then wrestled with M.D. Jennings for possession. It was ruled on the field as a touchdown and after a lengthy review, referee Wayne Elliott came out from under the hood and announced "the ruling on the field stands" and CenturyLink Field erupted in celebration.

It was nearly 10 minutes before the teams were brought back for the extra point.

The final decision is only going to fuel debate about the replacement officials coming off a weekend filled with disputed calls.

None will be debated more than this one. Seattle (2-1) won its second straight, while Green Bay (1-2) saw its streak of wins in six straight road openers snapped.

Wilson's heave came at the end of a final frantic drive after Seattle had previously missed on a fourth-down attempt from the Green Bay 7 with two minutes left. The turnover on downs appeared to end Seattle's hopes and cap an impressive second-half comeback by the Packers and Aaron Rodgers, who was sacked eight times — all in the first half.

Wilson took the final snap with eight seconds remaining. He appeared to be looking for Rice on the right side of the end zone, but rolled left and threw for Tate, who was in a crowd of three Packers defenders. His shove of Shields was obvious and it was never clear who had possession between Tate and Jennings.

Seattle instantly celebrated while the Packers argued with anyone in a striped shirt. Both teams were eventually shoved to the sidelines as Tate stomped through the end zone in celebration. Following the review, Elliott's announcement sent the stadium into delirium.

THE ASSOCIATED PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	89	64	.582	—
Baltimore	88	66	.571	1½
Tampa Bay	83	70	.542	6
Boston	69	85	.448	20½
Toronto	67	86	.438	22

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	82	71	.536	—
Detroit	81	72	.529	1
Kansas City	70	83	.458	12
Minnesota	64	90	.416	18½
Cleveland	63	91	.409	19½

WEST DIVISION

	W	L	Pct	GB
Texas	91	62	.595	—
Oakland	86	67	.562	5
Los Angeles	84	69	.549	7
Seattle	72	81	.471	19

Monday's results
Baltimore 4 **Toronto 1** (1st game)
Detroit 6 Kansas City 2
Toronto 9 Baltimore 5 (2nd game)
Texas 5 Oakland 4
Chicago White Sox 5 Cleveland 4
N.Y. Yankees 6 Minnesota 3
Sunday's results
Minnesota 10 Detroit 4 (1st game)
Oakland 5 N.Y. Yankees 4
Boston 2 Baltimore 1
Tampa Bay 3 **Toronto 0**
Cleveland 15 Kansas City 4
L.A. Angels 4 Chicago White Sox 1
Texas 3 Seattle 2
Minnesota 2 Detroit 1 (2nd game — 10 inn.)
Tuesday's games — All Times Eastern
Cleveland (Kluber 1-4) at Chicago White Sox (Liriano 6-11), 2:10 p.m.
Kansas City (B.Chen 11-12) at Detroit (A.Sanchez 3-6), 7:05 p.m.
Toronto (Laffey 3-6) at Baltimore (J.Saunders 2-2), 7:05 p.m.
Tampa Bay (Price 18-5) at Boston (Buchholz 11-6), 7:10 p.m.
Oakland (Milone 13-10) at Texas (Darvish 16-9), 8:05 p.m.
N.Y. Yankees (P.Hughes 16-12) at Minnesota (Vasquez 0-2), 8:10 p.m.
Seattle (Er.Ramirez 1-2) at L.A. Angels (Greinke 5-2), 10:05 p.m.
Wednesday's games
N.Y. Yankees at Minnesota, 1:10 p.m.
Kansas City at Detroit, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
Tampa Bay at Boston, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Cleveland at Chicago White Sox, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	93	60	.608	—
Atlanta	88	65	.575	5
Philadelphia	77	76	.503	16
New York	70	83	.458	23
Miami	66	87	.431	27

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	92	61	.601	—
St. Louis	83	71	.539	9½
Milwaukee	79	74	.516	13
Pittsburgh	75	78	.490	17
Chicago	59	94	.386	33
Houston	50	104	.325	42½

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	89	64	.582	—
Los Angeles	79	74	.516	10
Arizona	77	76	.503	12
San Diego	73	80	.477	16
Colorado	59	94	.386	30

z-clinched playoff berth
x-clinched division title

Monday's results
Washington 12 Milwaukee 2
N.Y. Mets 6 Pittsburgh 2
St. Louis 6 Houston 1
Colorado 4 Arizona 2
Sunday's results
Arizona 10 Colorado 7
Atlanta 2 Philadelphia 1
L.A. Dodgers 5 Cincinnati 3
Milwaukee 6 Washington 2
N.Y. Mets 3 Miami 2
Pittsburgh 8 Houston 1
San Diego 6 San Francisco 4
St. Louis 6 Chicago Cubs 3
Tuesday's games — All Times Eastern
Washington (Detwiler 10-6) at Philadelphia (Hamels 15-6), 7:05 p.m.
Miami (Eovaldi 4-12) at Atlanta (Medlen 9-1), 7:10 p.m.
Milwaukee (Fiers 9-8) at Cincinnati (Cueto 18-9), 7:10 p.m.
Pittsburgh (W.Rodriguez 11-13) at N.Y. Mets (McHugh 0-2), 7:10 p.m.
St. Louis (J.Garcia 5-7) at Houston (Harrell 10-10), 8:05 p.m.
Chicago Cubs (Rusin 1-2) at Colorado (J.De La Rosa 0-1), 8:40 p.m.
L.A. Dodgers (Beckett 1-2) at San Diego (Volquez 10-11), 10:05 p.m.
Arizona (Skaggs 1-3) at San Francisco (Lincecum 10-14), 10:15 p.m.
Wednesday's games
L.A. Dodgers at San Diego, 6:35 p.m.
Washington at Philadelphia, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.
Chicago Cubs at Colorado, 8:40 p.m.
Arizona at San Francisco, 10:15 p.m.

ORIOLES 4, BLUE JAYS 1

MONDAY AFTERNOON GAME

Toronto	AB	R	H	BI	BB	SO	Avg.
Lawrie 3b	3	0	1	0	1	1	.274
Rasmus cf	2	0	0	0	2	1	.226
Encarnacion dh	4	1	1	0	0	3	.280
Lind 1b	4	0	2	0	0	0	.238
R.Davis rf	4	0	1	1	0	1	.243
K.Johnson 2b	4	0	1	0	0	1	.225
Hechavarria ss	3	0	1	0	0	0	.252
Arencibia c	1	0	1	0	0	0	.223
Mathis c	2	0	0	0	0	1	.216
a-Y.Escobar ph-ss	2	0	0	0	0	1	.254
Gose lf	4	0	0	0	0	2	.213
Totals	**33**	**1**	**8**	**1**	**3**	**11**	

Baltimore	AB	R	H	BI	BB	SO	Avg.
McLouth lf	4	0	2	0	0	2	.273
Hardy ss	4	0	1	0	0	1	.232
C.Davis rf	3	1	1	0	1	2	.264
En.Chavez rf	0	0	0	0	0	0	.208
Ad.Jones cf	4	2	4	2	0	0	.292
Wieters c	4	0	1	0	0	1	.251
Thome dh	2	0	0	0	2	0	.256
Mar.Reynolds 1b	3	0	0	0	0	2	.228
Flaherty 2b	3	1	1	1	0	1	.226
Andino 2b	0	0	0	0	0	0	.211
Machado 3b	3	0	0	0	0	0	.262
Totals	**30**	**4**	**10**	**3**	**3**	**9**	

Toronto	000	000	010	—1	8	0
Baltimore	000	211	00X	—4	10	0

LOB—Toronto 8, Baltimore 5. 2B—R.Davis (23), Wieters (27). HR—Ad.Jones (32), off H.Alvarez; Flaherty (5), off H.Alvarez.
RBIs—R.Davis (39), Ad.Jones 2 (81), Flaherty (14). SB—McLouth (10), Ad.Jones (15).
Runners left in scoring position—Toronto 6 (R.Davis 2, Lind, Gose, K.Johnson 2); Baltimore 3 (Flaherty 2, C.Davis).
RISP—Toronto 1 for 9; Baltimore 0 for 5.
GIDP—R.Davis, Y.Escobar, Hardy, Mar.Reynolds.
DP—Toronto 2 (Hechavarria, K.Johnson, Lind), (Hechavarria, K.Johnson, Lind); Baltimore 2 (Hardy, Flaherty, Mar.Reynolds), (Hardy, Andino, Mar.Reynolds).

Toronto	IP	H	R	ER	BB	SO	NP	ERA
H.Alvarez L, 9-14	5⅓	8	4	4	3	6	89	4.91
Cecil	⅔	1	0	0	0	0	8	5.40
Frasor	⅔	0	0	0	0	2	9	3.35
Beck	1	1	0	0	0	1	15	5.84

Baltimore	IP	H	R	ER	BB	SO	NP	ERA
S.Johnson W, 4-0	5	3	0	0	3	6	96	1.62
Patton H, 9	1	1	0	0	0	0	12	2.50
Tom.Hunter	1⅓	3	1	1	0	3	38	5.58
O'Day H, 12	⅓	0	0	0	0	1	4	2.35
Ji.Johnson S, 48	1	1	0	0	0	1	11	2.60

Inherited runners-scored—Cecil 1-0, Frasor 1-0, O'Day 2-0. IBB—off H.Alvarez (Thome).
Umpires—Home, Chad Fairchild; First, Alfonso Marquez; Second, Tom Hallion; Third, Brian O'Nora.
T—2:43. A—0 (45,971) at Baltimore.

TORONTO 9, ORIOLES 5

MONDAY NIGHT GAME

Toronto	AB	R	H	BI	BB	SO	Avg.
Lawrie 3b	4	1	0	0	1	3	.272
R.Davis lf	3	0	1	0	0	1	.244
a-Rasmus ph-cf	2	0	0	0	0	1	.225
Encarnacion dh	4	1	2	2	1	0	.282
Y.Escobar ss	5	1	1	0	0	0	.253
Y.Gomes 1b	2	0	0	0	0	0	.182
b-Lind ph-1b	2	1	1	0	0	1	.240
Sierra rf	5	3	2	1	0	2	.242
Vizquel 2b	5	1	2	0	0	0	.240
Arencibia c	3	1	3	5	0	0	.230
Gose cf-lf	3	0	1	1	0	2	.216
Totals	**38**	**9**	**13**	**9**	**2**	**10**	

Baltimore	AB	R	H	BI	BB	SO	Avg.
McLouth lf	2	1	1	1	2	0	.275
Hardy ss	5	1	2	1	0	1	.234
Ad.Jones cf	5	0	2	0	0	1	.292
C.Davis dh	5	0	2	0	0	1	.265
Mar.Reynolds 1b	4	1	1	0	1	1	.228
Machado 3b	4	1	1	0	1	1	.262
En.Chavez rf	3	0	0	0	0	1	.204
Andino 2b	4	1	2	2	0	0	.214
Teagarden c	4	0	1	0	0	1	.148
Totals	**36**	**5**	**12**	**4**	**4**	**7**	

Toronto	220	001	400	—9	13	2
Baltimore	020	011	001	—5	12	0

a-struck out for R.Davis in the 6th. b-singled for Y.Gomes in the 7th.
E—R.Romero (2), Lawrie (14). LOB—Toronto 7, Baltimore 10. 2B—Vizquel (5), Ad.Jones (38), Andino (13). HR—Encarnacion (41), off W.Chen; Sierra (6), off W.Chen; Arencibia (17), off Arrieta; McLouth (5), off R.Romero. RBIs—Encarnacion 2 (105), Sierra (14), Arencibia 5 (55), Gose (8), McLouth (16), Hardy (67), Andino 2 (28). SB—Andino (5). S—Gose, En.Chavez. SF—Arencibia.
Runners left in scoring position—Toronto 3 (Encarnacion, R.Davis, Rasmus); Baltimore 5 (Hardy 2, En.Chavez 2, Machado). RISP—Toronto 3 for 11; Baltimore 4 for 12.
Runners moved up—Lawrie. GIDP—Hardy, Mar.Reynolds 2.
DP—Toronto 4 (Vizquel, Y.Gomes), (Y.Escobar, Vizquel, Y.Gomes), (Gose, Gose, Arencibia), (Y.Escobar, Vizquel, Lind).

Toronto	IP	H	R	ER	BB	SO	NP	ERA
R.Romero W, 9-14	5	8	4	4	4	3	105	5.76
Lincoln H, 3	2	1	0	0	0	3	17	6.23
Loup	1	0	0	0	0	0	16	2.89
Janssen	1	3	1	1	0	1	16	2.72

Baltimore	IP	H	R	ER	BB	SO	NP	ERA
W.Chen L, 12-10	5	9	5	5	1	3	82	4.11
Arrieta	2	3	4	4	1	4	38	6.18
Strop	1	1	0	0	0	1	21	2.33
Z.Phillips	1	0	0	0	0	2	9	6.00

WP—R.Romero.
T—3:15. A—31,015 (45,971) at Baltimore.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	12	8	4	0	332	337	16
Toronto	12	6	6	0	288	305	12
Hamilton	12	4	8	0	353	381	8
Winnipeg	12	3	9	0	235	377	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	12	9	3	0	317	222	18
Calgary	12	7	5	0	337	287	14
Saskatchewan	12	6	6	0	314	259	12
Edmonton	12	5	7	0	265	275	10

Week 13
Sunday's results
Montreal 31 Toronto 10
Saskatchewan 30 Calgary 25
Saturday's result
B.C. 19 Edmonton 18
Friday's result
Winnipeg 34 Hamilton 12
Week 14
Friday's game — All Times Eastern
Montreal at Hamilton, 7 p.m.
Edmonton at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 7 p.m.
B.C. at Saskatchewan, 10 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	81	75
Buffalo	2	1	0	.667	87	79
New England	1	2	0	.333	82	64
Miami	1	2	0	.333	65	66

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Jacksonville	1	2	0	.333	52	70
Tennessee	1	2	0	.333	67	113
Indianapolis	1	2	0	.333	61	83

NORTH

	W	L	T	Pct	PF	PA
Cincinnati	2	1	0	.667	85	102
Baltimore	2	1	0	.667	98	67
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	3	0	.000	57	75

WEST

	W	L	T	Pct	PF	PA
San Diego	2	1	0	.667	63	51
Denver	1	1	0	.500	52	46
Kansas City	1	2	0	.333	68	99
Oakland	0	2	0	.000	27	57

WEEK THREE

Monday's result
Seattle 14 Green Bay 12
Sunday's results
Dallas 16 Tampa Bay 10
Chicago 23 St. Louis 6
Minnesota 24 San Francisco 13
Tennessee 44 Detroit 41, OT
Kansas City 27 New Orleans 24, OT
Cincinnati 38 Washington 31
N.Y. Jets 23 Miami 20, OT
Buffalo 24 Cleveland 14
Jacksonville 22 Indianapolis 17
Arizona 27 Philadelphia 6
Atlanta 27 San Diego 3
Oakland 34 Pittsburgh 31
Houston 31 Denver 25
Baltimore 31 New England 30
Thursday's result
N.Y. Giants 36 Carolina 7

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	47	66
N.Y. Giants	2	1	0	.667	94	65
Washington	1	2	0	.333	99	101

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	0	0	1.000	94	48
Tampa Bay	1	2	0	.333	60	67
Carolina	1	2	0	.333	52	79
New Orleans	0	3	0	.000	83	102

NORTH

	W	L	T	Pct	PF	PA
Minnesota	2	1	0	.667	70	59
Chicago	2	1	0	.667	74	50
Green Bay	1	2	0	.333	57	54
Detroit	1	2	0	.333	87	94

WEST

	W	L	T	Pct	PF	PA
Arizona	3	0	0	1.000	67	40
San Francisco	2	1	0	.667	70	65
Seattle	2	1	0	.667	57	39
St. Louis	1	2	0	.333	60	78

WEEK FOUR

Thursday's game — All Times Eastern
Cleveland at Baltimore, 8:20 p.m.
Sunday's games
Tennessee at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Seattle at St. Louis, 1 p.m.
New England at Buffalo, 1 p.m.
Minnesota at Detroit, 1 p.m.
Carolina at Atlanta, 1 p.m.
San Francisco at N.Y. Jets, 1 p.m.
Miami at Arizona, 4:05 p.m.
Oakland at Denver, 4:05 p.m.
Cincinnati at Jacksonville, 4:05 p.m.
New Orleans at Green Bay, 4:25 p.m.
Washington at Tampa Bay, 4:25 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Monday, Oct. 1
Chicago at Dallas, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	30	16	7	7	37	25	55
Chicago	29	16	8	5	42	34	53
New York	30	14	8	8	50	43	50
D.C. United	30	15	10	5	47	39	50
Houston	30	12	8	10	42	37	46
Columbus	30	13	11	6	36	37	45
Montreal	31	12	15	4	44	49	40
Philadelphia	28	8	14	6	29	33	30
New England	30	7	15	8	37	41	29
Toronto	30	5	18	7	34	55	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	30	18	6	6	62	36	60
x-Los Angeles	30	15	11	4	54	42	49
x-Real Salt Lake	30	15	11	4	40	34	49
Seattle	29	13	7	9	45	31	48
Vancouver	30	10	12	8	31	40	38
Dallas	30	9	12	9	35	38	36
Colorado	30	9	18	3	38	45	30
Portland	30	7	15	8	31	51	29
Chivas USA	29	7	15	7	21	45	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 3 Houston 1
D.C. United 1 Chivas USA 0
Colorado 2 Vancouver 2
Saturday's results
Montreal 0 Kansas City 0
Los Angeles 4 Toronto 2
Chicago 2 Columbus 1
New York 1 New England 1
Real Salt Lake 2 Portland 1
San Jose 2 Seattle 1
Friday's game — All Times Eastern
Chicago at Kansas City, 8:30 p.m.
Saturday's games
Toronto at New York, 7 p.m.
Philadelphia at Columbus, 7:30 p.m.
New England at Houston, 8:30 p.m.
Seattle at Vancouver, 9 p.m.
D.C. United at Portland, 10:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.
Sunday, Sept. 30
Los Angeles at Colorado, 7 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-San Antonio	28	13	7	8	46	27	47
x-Tampa Bay	28	12	7	9	37	30	45
x-Puerto Rico	28	11	9	8	32	30	41
x-Carolina	28	10	8	10	44	46	40
x-Ft. Lauderdale	28	9	10	9	40	46	36
x-Minnesota	28	8	9	11	34	33	35
Atlanta	28	7	12	9	35	46	30
Edmonton	28	5	13	10	26	36	25

x — clinched playoff berth.
Sunday's results
Fort Lauderdale 2 Edmonton 2
Minnesota 1 San Antonio 1
End of Regular Season
Saturday's results
Atlanta 1 Puerto Rico 1
Tampa Bay 0 Carolina 0

SPAIN

La Liga — Monday's results
Sevilla 2 Deportivo La Coruna 0
Real Madrid 2 Rayo Vallecano 0

GOLF

WORLD GOLF RANKINGS

Through Sept. 24

1. Rory McIlroy	Nir	12.68
2. Tiger Woods	USA	9.69
3. Luke Donald	Eng	9.25
4. Lee Westwood	Eng	7.23
5. Justin Rose	Eng	6.51
6. Adam Scott	Aus	6.30
7. Bubba Watson	USA	6.17
8. Webb Simpson	USA	6.17
9. Jason Dufner	USA	6.00
10. Brandt Snedeker	USA	6.00
11. Louis Oosthuizen	SAf	5.69
12. Steve Stricker	USA	5.65
13. Dustin Johnson	USA	5.47
14. Keegan Bradley	USA	5.42
15. Matt Kuchar	USA	5.38
16. Phil Mickelson	USA	5.11
17. Zach Johnson	USA	5.08
18. Graeme McDowell	Nir	4.89
19. Sergio Garcia	Esp	4.82
20. Hunter Mahan	USA	4.79
21. Nick Watney	USA	4.62
22. Ernie Els	SAf	4.55
23. Jim Furyk	USA	4.13
24. Bo Van Pelt	USA	4.13
25. Peter Hanson	Swe	4.05
26. Ian Poulter	Eng	4.01
27. Rickie Fowler	USA	3.99
28. Paul Lawrie	Sco	3.94
29. Charl Schwartzel	SAf	3.87
30. Jason Day	Aus	3.83
31. Francesco Molinari	Ita	3.81
32. Martin Kaymer	Ger	3.70
33. Carl Pettersson	Swe	3.62
34. Bill Haas	USA	3.55
35. Nicolas Colsaerts	Bel	3.51
36. John Senden	Aus	3.35
37. Gonzalo Fernandez-Castano	Esp	3.35
38. David Toms	USA	3.15
39. David Lynn	Eng	3.07
40. K.J. Choi	Kor	2.88
41. Robert Garrigus	USA	2.77
42. Thomas Bjorn	Den	2.67
43. Geoff Ogilvy	Aus	2.65
44. Martin Laird	Sco	2.64
45. Fredrik Jacobson	Swe	2.64
46. Ryan Moore	USA	2.61
47. Rafael Cabrera Bello	Esp	2.58
48. Scott Piercy	USA	2.46
49. Aaron Baddeley	Aus	2.41
50. Bae Sang-moon	Kor	2.40

Horoscopes

Aries
March 21 - April 20
Keep things in perspective and resist the urge to get emotional today. Partnership issues may be challenging but they are not half as bad as they seem. Everything will work out for the best in the end.

Taurus
April 21 - May 21
Put your affairs in order today. The more you do now, the less you will have to do towards the end of the week and that means you will have more time for what you really enjoy. Make the effort.

Gemini
May 22 - June 21
Saturn remains in the most dynamic area of your chart only until Oct. 5, so if there are things you still need to do, get on with them now. Don't look back one day and regret what might have been.

Cancer
June 22 - July 23
Times may be tough in more ways than one but the long-term prognosis is extremely good, so cheer up. Today you should patch up your differences with a relative or friend. You still have so much in common.

Leo
July 24 - Aug. 23
A brilliant idea will take hold in your mind today, the kind of idea that could transform your existence on every level. Don't let it get away from you. Find ways to act on it straight away.

Virgo
Aug. 24 - Sept. 23
You need to admit, if only to yourself, that the reason something has gone wrong is because your methods were impractical. You should have recognized that fact before but better late than never. Now, do it right.

Libra
Sept. 24 - Oct. 23
You must not let anyone or anything divert you from the important task you have set yourself. Some say Libra is the most indecisive of all the signs. Now is your chance to prove the critics and doubters wrong.

Scorpio
Oct. 24 - Nov. 22
It is a complete waste of time worrying about things over which you have no control. Focus your mind on good thoughts only today and you may be surprised just how many of your dreams start coming true.

Sagittarius
Nov. 23 - Dec. 21
You have been trying too hard to get along with someone at work. The more you try to impress them, the more they make life difficult for you. Give up on it. They are not worthy of your friendship.

Capricorn
Dec. 22 - Jan. 20
Over the past few months, you have put a lot of effort into your work and now the rewards are coming at you from all directions. Don't let anyone tell you that you do not deserve it. You do.

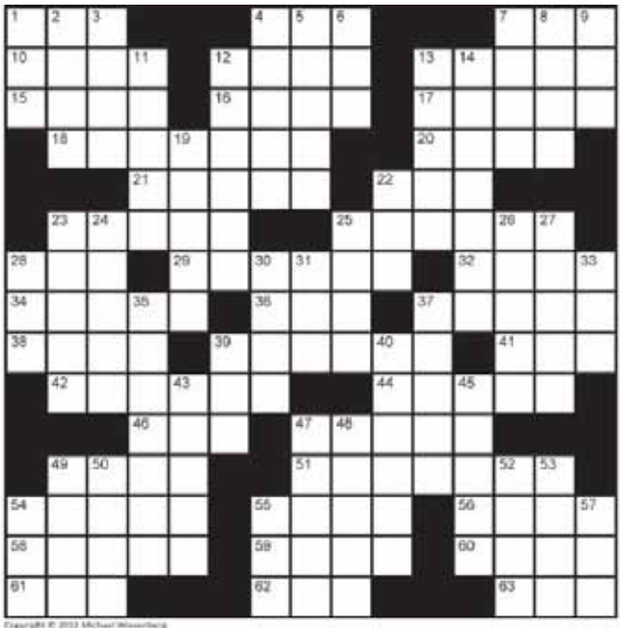
Aquarius
Jan. 21 - Feb. 19
Whatever life throws at you over the next few days, you will find ways to deal with it. In fact, by the time the moon is full on the Sept. 30, you will be operating on a higher level. Nothing can faze you.

Pisces
Feb. 20 - March 20
You need to make some kind of commitment, one that will tie you down to pursuing a specific aim for the next six months or so. Yes, it's good to be free but freedom needs to be earned like everything else.

SALLY BROMPTON

Solver's Delight

BY MICHAEL WIESENBERG



Across

1. Tampa's state: abbr.
4. *Dracula* creature
7. ___ constrictor: python relative
10. The Kinks' biggest hit
12. Melange
13. Dry heat bath
15. One with a computer
16. Curve
17. 43,560-square-foot units
18. Symbol of regal power
20. Ardent admirers
21. Egyptians and Iraqis
22. Bill's "excellent adventure" partner
23. Correct, as a stitch
25. Conservative Party
28. Nickname for someone from Houston or Dallas
29. Expensive dark-brown furs
32. Andy's 1950s radio partner
34. Not according to plan
36. Cherry tree chopper
37. Be affected at night by a blocked airway
38. Toronto-based "Tom Sawyer" group
39. Part of PEI
41. Golf stand
42. Calgary's NHL team, familiarly
44. Go into
46. "___ the season to be jolly"
47. ___ Carlo: Monaco's capital
49. Marching musicians
51. Where to find 12-Down
54. Sea squalls
55. Fly like eagles
56. Identical
58. Computer warning
59. Great Lake
60. Let out
61. Gender
62. Part of kph or mph
63. Consumed

Down

1. Ague cousin
2. Defeat
3. Sir ___ Guinness of film
4. Book jacket advertisement
5. Buenos ___, Argentina
6. 2,000 pounds
7. Combust
8. Singles
9. Small batteries
11. Geometric computations
12. Parliament's home
13. Toronto-born *60 Minutes* regular Morley
14. Early French Canadian
19. Activate, as an elevator button
22. How-___: instruction manuals
23. Uncle ___: Joel Chandler Harris character who told stories about Brer Rabbit, Brer Fox, etc.
24. Have real being
25. MTV viewer
26. Overact
27. In more pain
28. Asphalt
30. Nanaimo ___: distinctive Canadian treats
31. 61 in Roman numerals
33. Observe
35. Montreal-born *Star Trek* star William
37. *I ___ Letter to My Love:* Melissa Manchester's romantic musical (2 wds.)
39. Abbr. at the end of a letter signalling a second afterthought
40. Shopping ___: mall
43. In the ___ of: among
45. To the point
47. Roger ___: Bond player
48. Sign seen during broadcasting outside a broadcasting studio (2 wds.)
49. Christian of the *Dark Knight* series
50. Ontario-born *Jeopardy!* host Trebek
52. Simon and Garfunkel's "___ Rock" (3 wds.)
53. Bypass
54. Alberta export
55. End-of-summer mo.
57. Quebec summer

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		7	8		9	4		5
		4	3		7	9		
	3						6	
			4		2			
4								8
			6		3			
	4						8	
		9	5		4	1		
5		6	1		8	2		3

Yesterday's Sudoku

1	2	7	9	5	6	4	8	3
6	8	3	1	2	4	9	7	5
5	9	4	7	3	8	1	2	6
9	5	8	2	4	1	3	6	7
4	6	2	5	7	3	8	1	9
3	7	1	6	8	9	5	4	2
2	3	6	4	1	5	7	9	8
8	4	9	3	6	7	2	5	1
7	1	5	8	9	2	6	3	4

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 23° MIN: 10°	MAX: 25° MIN: 12°	MAX: 23° MIN: 7°

BT BREAKFAST TELEVISION

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